

Happy July 4th!

Kingsport Senior Center News

July 2010

Volume XVIII Edition 7

1200 East Center Street Kingsport, Tenn. 37660

Senior Fest Block Party (Senior Fest week of July 19-23)

When: Friday, July 9, 2010

Time: 4:00 p.m. until 9:30 p.m.

Front Parking lot of Renaissance Center

Come Hear Savannah Jack from Nashville, Tennessee

And their newly released single "I Know"



Music Starts at 4 p.m.

Yard Games

Car Show

Snow Cones

Free popcorn

6 p.m. hotdogs and ice cream, first come first served

See the Senior's Got Talent Finale

A Fun Time to be had by All, Hope to see you there!

Center News

Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

**The Kingsport Senior
Center is located at
1200 E. Center Street at the
Renaissance Center.**

**For more information call the
Center at (423) 392-8400
www.kptseniors.com**

Center Hours

**Monday thru Friday 8:00 am ~ 7:00 pm
Saturday 9:00 am ~ Noon**

***The exercise room & computer lab will close
15 minutes prior to the closing of the Center.**

Senior Center Closings:

**Saturday, July 3 & Monday, July 5, 2010
Closing at 4:30 pm July 16 and July 19-23
Happy Independence Day!**

Membership dues

For Fiscal year

July 1, 2010-June 30, 2011

\$15 ~ Kingsport Residents

\$35 ~ Sullivan County Residents

\$60 ~ Out-of-County Residents

Collection for fiscal year 2010-2011

Will not begin until July 1, 2010

Advisory Council Meeting

Thursday, July 15, 2010

12:30 p.m.

Room: 228

Kingsport Senior Center Staff

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Operations Editor ~ Shirley Buchanan
Editor— Michelle Tolbert

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on Aging and the
Tennessee Commission on Aging.
The Kingsport Senior Center does not
discriminate on the basis of race, color,
or national origin.

The Kingsport Senior Center accepts
donations / contributions.
Your favorite
program area may be specified.

Wellness

Wellness Seminar

Gene Cobb is a National Speaker on Crime Prevention and Personal Safety Tactics. After 18 years in Law Enforcement and 28 years in Fire / Rescue, Gene travels the nation presenting his "Street Wise" program to various groups at conferences and seminars. To find out more and or to schedule his program at your event contact his office at 423-272-2648, or email Gene@FightCrimeNow.com or visit his web site at www.FightCrimeNow.com Topic of discussion ***The "Street Wise" Crime Prevention Program.*** The East Tennessee area has seen a drastic increase in crimes. Regardless of who and how old you are the modern day criminal has a new tactic for you! How can you better protect yourself and your home? Attend this thought-provoking "Crime Prevention" Program in the Card Room on **Tuesday, August 10, 2010.** All members are invited to attend this seminar.

Women's Basketball Hall of Fame

We will depart the Center **Wednesday, August 11, 2010** at 9:00 am for the Women's Basketball Hall of Fame with lunch on your own at Puleo's Grille. Cost of bus/van is \$5.00 payable when you sign up and \$4.00 fee to tour the Hall of Fame. For more information see Kevin. Sign ups start on Wednesday, July 7, 2010.

FOOD COURT

The crime

2,130

Calories in TGIFriday's Jack Daniel's Ribs & Shrimp, with fries and coleslaw

The punishment

6

Approximate number of hours you'd have to spend spring-cleaning your garage to burn 2,130 calories

White Water Rafting

Come join us for a day of White Water Rafting on the Upper Pigeon River. We will depart the Center at 8:30 am on **Wednesday, August 25, 2010.** Cost of transportation is \$5.00 per person payable when you sign up. The rental fee for rafting is \$27.00 each (cash only) payable before we depart. Please bring the correct amount, we will not have any change. We need a minimum of 16 to sign up in order for trip to go. Lunch is on your own at Ryan's Grill Buffet and Bakery. We will White Water Raft the Upper Pigeon River which offers 60 plus rapids that include class III and IV whitewater. Be sure to bring a change of cloth's, shoes, and a towel for after the trip; you will get wet! Foot protection is required, you will need old shoes or sandal's that go around your ankle. **NOTE:** Flip flops are not allowed on the river. Sign ups start on Wednesday, July 14, 2010. If you have any questions see Kevin.

Fit Test

We will be doing a fitness test on **Friday, August 27, 2010** from 9:00 am to 10:00 am in Kevin's office. We will test Body Fat%, Flexibility, Strength, and Weight using the 350 Body Composition Analyzer. Also your blood pressure will be taken. If you plan to participate in this event see Kevin to fill out some paper work and sign up for the test. All members are invited and we hope to see you there.

DON'T FOOL YOURSELF

There's no such thing as a healthy couch potato: **A normal Body Mass Index (BMI) doesn't mean you're protected against heart disease.** Researchers from the United Kingdom found that inactive men were 74 percent more likely to die of heart disease than active guys, regardless of their BMI levels. On reason: The sedentary men typically had larger waists. And fat in your stomach puts you at a greater risk for heart disease, the scientists say.

Daily Activities & Classes at the Center

Monday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
 Camera Club ~ Go to www.scphotogroup.com
 Happy Day Singers ~ 9:45 ~ Travel
 Lap Swimming ~ 10:00-11:00 ~ DB Pool
 Strength Training ~ 10:15 ~ Gym
 Lap Swimming ~ 10:15-11:15 ~ DB Pool
 Table Tennis ~ 1:00 ~ Gym
 Volleyball ~ 4:00 ~ Gym

Tuesday ~

Step Aerobics ~ 8:30 ~ Lynn View
 Mini Cardio ~ 8:45 ~ Room 302
 Ceramics ~ 9:00 ~ Ceramics/Clay Studio
 Basket weaving ~ 9:30-11:30, 12:00-2:00
 Room 303
 Core Conditioning ~ 9:30 ~ Lynn View
 Strength Training ~ 9:30 ~ Gym
 Lap Swimming ~ 10:15-11:15 ~ DB Pool
 Sing Along ~ 10:15 ~ Cafeteria
 Exercise for Everybody ~ 10:30 ~ Gym
 Power Yoga ~ 11:00 ~ First Broad Street UMC
 Yoga ~ 11:30 ~ First Broad Street UMC
 Good Neighbors ~ 12:15 ~ Lounge
 Shuffleboard ~ 1:00 ~ Ceramics Hallway
 Pickleball ~ 1:00 ~ Gym
 Piano Lessons ~ 1:30 ~ Multipurpose Room
 Basketball ~ 4:00 ~ Gym
 Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
 Strength Training ~ 10:15 ~ Gym
 Hand and Foot Card Game ~ 12:30 ~ Card Room
 Table Tennis ~ 1:00 ~ Gym
 Lap Swimming ~ 10:00-11:00 ~ DB Pool

**Check Out the Senior Fest
 Schedule in this newsletter
 Lots of Fun Things to Do!
 July 16th Parade
 July 19-23; Senior Fest**

Thursday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room
 Step Aerobics ~ 8:30 ~ Lynn View
 Woodworking ~ 8:30 am -3:30 pm ~ Woodshop
 Mini Cardio ~ 8:45 ~ Room 302
 Woodcarving ~ 9:00 ~ Room 303
 Ceramics ~ 9:00 ~ Ceramics/Clay Studio
 Core Conditioning ~ 9:30 ~ Lynn View
 Strength Training ~ 9:30 ~ Gym
 Exercise for Everybody ~ 10:30 ~ Gym
 Power Yoga ~ 11:00 ~ First Broad Street UMC
 Yoga ~ 11:30 ~ First Broad Street UMC
 Good Neighbors ~ 12:15 ~ Lounge
 Volleyball ~ 1:00 ~ Gym
 Lap Swimming ~ 10:15-11:15 ~ DB Pool
 Pickleball ~ 4:00 ~ Gym

Friday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
 Genealogy Group ~ 9:00 ~ Computer Lab
 Lap Swimming ~ 10:00-11:00 ~ DB Pool
 Strength Training ~ 10:15 ~ Gym
 Bridge Group ~ 1:00 ~ Lynn View
 Pickleball ~ 1:00 ~ Gym

Saturday ~

Basketball ~ 9:00 ~ Gym
 Table Tennis ~ 10:30 ~ Gym

~ Please Note Classes not meeting Summer Session ~

Advanced Tai-chi
 Jam Session and Karaoke will not meet again
 until
 September
 Woodworking, ends July 2nd , back on Sept 20th
 Tai-chi
 Renaissance Strings
 Knitting
 Ballroom Dance
 Beginning Belly Dance, Intermediate Clogging
 Beginning and Intermediate Line Dancing

**Fall Class schedule begins the week of
 August 30th, see schedule in August
 newsletter**

Travel and Special Events

Prehistoric Exhibits Museum/lunch your choice downtown Kingsport ~ Thursday, July 1, 2010 ~ 10:45 a.m.—2:00 p.m. Cost: \$4.00 plus tax for museum/lunch on your own. If you meet us there, you can bring your grandchildren. Sign-up began: June 3rd.

Barter Theater Stage II, Abingdon, VA. ~ "A Southern Exposure" with lunch at House on Main ~ Wednesday, July 28, 2010 ~ depart at 10:30 a.m. return by 6:00 p.m. Cost: \$20.00 for ticket/plus lunch on your own. Sign-ups begin: June 10th. Lunch menu available at sign-up.

Downtown Shopping/Lunch in Jonesborough ~ Wednesday, August 4, 2010 ~ depart at 10:00 a.m. return by 4:30 p.m. Cost: \$2.00, plus lunch on your own. Sign-ups begin: July 9th.

Wohlfahrt Haus, Wytheville, VA. "The Rat Pack & Company" ~ Thursday, August 12, 2010 ~ depart at 9:45 a.m. return by 6:00 p.m. Cost: \$38.00. Sign-ups begin: July 9th.

Out-To-Lunch Bunch: Tavern On Main, Wise, VA. ~ Friday, August 13, 2010 ~ depart at 10:00 am return by 3:00 pm. Cost: \$2.00 transportation/ plus lunch on your own. Sign-up begins: July 14th.

Small Miracles Stable Visit / Dinner at the Red Apple Buffet, Kingsport ~ Tuesday, August 17, 2010 ~ Time: 2:30pm—6:00pm. Cost: \$2.00 transportation/dinner is on your own. Sign-up begins: July 16th.



**Summer Semi-formal
At Boys and Girls
Club, June 18, 2010**

Lunch and Learn: Women's Financial Planning Seminar sponsored by Edward Jones ~ Wednesday, August 18, 2010 ~ Time: 12:30-2:00pm. Card Room. Cost: FREE. Sign-ups begin: July 16th. Limited to 25.

Picnic at Allandale/Music by the Country Classics ~ Thursday, August 19, 2010 ~ Time: 10:00am with music, meal served at 11:30am. Cost: \$2.00, plus bring a dish to share. Sign-up begins: July 26th.

Historic Parks Mill/Lunch at Parks Mill Barbeque Abingdon, VA. ~ Friday, August 20, 2010 ~ depart at 10:30am, return by 4:00pm. Cost: \$2.00 transportation, plus money for lunch. Sign-up begins: July 7th.

Tour Mayberry/Mt. Airy, NC/Lunch your choice in town ~ Tuesday, August 24, 2010 ~ depart at 8:00 am, return by 6:00 pm. Cost: \$11.00 transportation/lunch on your own. Sign-ups begin: July 15th.

Barter, Abingdon, VA. "Shake Rattle and Roll" / Lunch at IHOP Exit 7 ~ Thursday, August 26, 2010 ~ Cost \$20.00 plus lunch on your own. Sign-ups begin: July 7th.

Gray Fossil Site and Natural History Museum/Lunch at Carino's, Gray and Johnson City, TN. ~ Friday, September 3, 2010 ~ depart at 10:30 am, return by 5:00 pm. Sign-ups begin: August 4th.

Downtown Gatlinburg Shopping, Gatlinburg, TN. ~ Wednesday, September 1, 2010 ~ Cost: \$5.00 transportation/plus lunch on your own. Sign-ups begin: August 6th.

A volunteer is needed to help at City Hall with cutting out articles For a scrapbook, if interested, please call the office at 392-8400

News To Use

Food Drive for Hope House Women and Children's Shelter

When: May—August

In the hallway by the Senior Center Office

**Non-perishable items such as tuna,
pasta, peanut butter, cereal, etc., are
needed**

Thank You!

**Mitzi Kemp, Greeneville Smoky Mountain
Home Health & Hospice R.N. won the beau-
tiful quilt, made by one of their hospice vol-
unteers. The American Cancer Society Re-
lay for Life received \$200.00 from the pro-
ceeds of the QUILT!**

**They want to THANK everyone for your
support!**

**Check out the Cooking Class
Senior Center Lounge
Monday, July 19th
Time: 9-12:30pm
Facilitator: Nathalie Trent
Cold Soup Recipes**



**George Washington
School Apartments
Mother's Day Tea
Door prize winners!**



Library Book Day

Thursday, July 15th

Time: 9-11 a.m.

Table in front of the senior center office

A TASTY TREAT FROM MARSHA

Banana - Peanut Butter Smoothie

1 small ripe banana, cut in half

1/2 cup low fat milk (1% milk)

1 teaspoon creamy peanut butter

3 ice cubes

In blender, combine banana, milk, peanut
Butter, and ice cubes; blend until mixture is
smooth and frothy.

Makes 1 1/2 cups

Each serving: about 165 calories. 6 g protein,
28 g carbohydrate, 4 g total fat (2 g saturated)
2 g fiber, 5 mg cholesterol, 85 mg sodium.

Widowed Person's Support Group

No meeting in July

Next meeting: August 19, 2010

Just for Singles Pot Luck

Thursday, July 15th

Card Room

Time: 6 PM

**Everyone please bring a covered dish,
salad, hor'douve, or dessert**

**Any one who does not currently have a
spouse is welcome and bring a friend!
Any questions, please call 612-3008.**

Your Page

From the Dancing Corner

There will be two dance opportunities in July. Savannah Jack is back from Nashville for the Senior Fest Block Party on July 9th at the Renaissance Center; and there will be a Multimedia Dance at Rascals on July 30th.

Senior Fest Block Party Dance

When: Friday, July 9, 2010

Time: 4:00 p.m.—9:30 p.m.

Where: Renaissance Center Front parking lot

The party is free

Check out the Senior Fest schedule included in this newsletter

Multimedia Dance at Rascals

When: Friday, July 30, 2010

Time: 7:00 p.m.—10:00 p.m.

Where: Rascals Teen Center
125 Cumberland Street, Kingsport

The cost is \$5.00 per person, please bring a dessert or snack to share

Balance and Flexibility Class

We are collecting a list of interested participants now and will start this class back the week of July 12th

Call Cindy at 392-8402 to get your name on the list

Personal Training with Chris Hicks

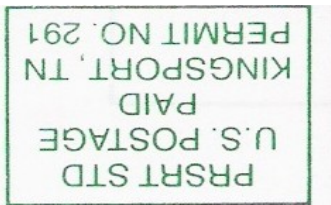
1 hour sessions

Cost: \$30.00 per session or \$150.00 for 6 sessions. Please sign-up with Chris by calling 723-9967

Come and see what the personal training is all about during Senior Fest on Tuesday, July 20, Wednesday July 21 and Thursday, July 22nd from 11am - 2pm

SENIOR GAMES 2010 TABLE TENNIS SINGLES





Kingsport Senior Center
1200 E. Center Street
Kingsport, TN. 37660
Phone: 423-392-8400

Senior Fest at FunFest

Daily : July 19-23, 2010

Times: 9am-2pm

Various vendors with great information
and door prizes daily at 2pm

See schedule in this newsletter!

